

MILESTONE No. 10

Mistakes that Most People Make

By

EUSTACE MILES, M.A. (Cambridge)

**FORMERLY AMATEUR CHAMPION OF THE WORLD AT RACQUETS
AND TENNIS, AND HONOURS COACH AND LECTURER AT
CAMBRIDGE UNIVERSITY.**

**AUTHOR OF "DAILY HEALTH (or Through the Day),"
"HOW TO REMEMBER," "ECONOMY OF ENERGY,"
"KEEP HAPPY," ETC.**

**ADVISED ON HEALTH AND CURE BY DIET, EXERCISE,
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TESTIMONIALS.

Bures, Suffolk.

Thank you for another of your kind and helpful letters, and also for the further advice and exercises. I am sure they are all I require to put me into perfect health. For, as I have already told you, I am stronger than I have been for many years. All work of any kind was a heavy burden, and now it has become a pleasure, and is soon out of the way.

I am glad to have some exercises which will strengthen the nerves more; though I never have any twitching of the lip, and can meet people without the awful shyness, now.

I am gradually putting on flesh.

You may be assured of my gratitude and best thanks: you have just been to me what I required.

Pownall Road, Macclesfield.

1. Varicose veins wonderfully improved.
2. Skin seems more active and clearer.
3. A much better mental condition—patient less worried, &c.
4. Bowels more regular.
5. General functioning of the body seems better.
6. Stronger, but still far from energetic.

Westborough Road, Westcliffe-on-Sea.

My digestion is very good now, and the constipation very much better. I feel less tension and blood-pressure, and temperature is very rarely above normal. Pains in the chest have almost disappeared. Piles almost gone.

Pitt Row,

Houghton-le-Spring, Co. Durham.

I don't mind saying that I have not spent two guineas better than when I took the "Eustace Miles Health Course," which, if the opportunity ever occurs, I will not hesitate strongly to recommend as a *sure* cure.

High Row, Richmond, Yorks.

It is now about a year since I first consulted you, and in regard to your treatment my "experience" is on a parallel with your out-and-out "Evangelical" who tells you that the results he has seen from "conversion" are of far-and-away greater value to him than any "convictions" he could arrive at from book-reading.

To have gone through needless and useless chloroforming and instrumentation at the hands of doctors, to have lived a good part of 40 years in order to find notions of what health really is in one's 41st, to learn at long last how many good things may be "won" by pleasant and easy and gentle means that have all one's lifelong been represented as only attainable through struggle and stress—surely all this is something to talk about and write about!

INTRODUCTION
TO THE
“ MILESTONES ” SERIES

FOR years past, I have given Lectures at the Eustace Miles Restaurant.* People who are too busy to come, or who live away from London, have often asked me whether I could not get these Lectures printed. And many have asked, also, whether I could not re-publish some of the helpful articles in the Monthly Booklet. So I decided to write, with my wife's help, a Series of “ Milestones.”

In the “ Milestones,” we try to tell people what to do (subject to individual modifications), how to prepare for it, how to do it, when to do it, and why—the appeal being to as many motives as possible.

Among the chief motives seem to be: the desire to improve the appearance; to increase the health; to get more comfort and happiness, both for ourselves, and also in our homes; to better the state of the nerves; to gain self-control and good-temper and patience; to make the brain-power (and especially the money-earning capacity) more efficient; to acquire the habit of welcoming and appreciating circumstances instead

* A list of forthcoming Lectures will be sent free to applicants.

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INTRODUCTION

of resenting them ; to help others ; and to progress.

Further information on each subject will be found in various books (see the Lists on the inside front cover and the outside back cover), and in special Mind-Building Lessons, and in Individual Health Courses. I always prefer to advise people personally and in detail, though I am willing to give a free opinion and a little free advice to those who care to send me details about their case.

Just one hint on the way to read these Booklets. Before reading them, people should think out the subjects for themselves, and jot down their own ideas. After reading them, people should read other books as well, and again make notes of fresh ideas ; and then experiment ; and then try to help others by their own experiences.

We have purposely omitted a great deal in each " Milestone." We do not offer the " Milestones " as complete guides. The shortage of space obviously prevents completeness.

Some people may object, not without reason, to the " Milestones " including the names of ailments and troubles. But I have found that the *general* book or booklet or lecture does not interest or attract most people at all ; whereas the mention of the special want or weakness does. Besides this, I have included general subjects also.

I hope many readers will send us suggestions as to other subjects, and any criticisms on this first Series, so that we may improve future editions of the " Milestones."

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◀ WHY MENTION MISTAKES ? ▶

It may be asked why, when I am constantly advising people not to think of Mistakes, I devote a special Booklet to the subject. Why should I call attention to wrong things, and impress them on people's minds? I do it in order that people may take stock of themselves, as Business men do, so that they may be enabled to stop leakages and other errors. I wish to point out Mistakes with the idea of warning people against them.

I also wish to give them hope, because even with these mistakes people are still alive. What would they be, then, if they prevented or stopped even only twelve of the mistakes out of the large number that I have mentioned; what would be the immediate effect upon their health and fitness, their energy and endurance, their economy and earning capacity, their happiness and poise, their helpfulness, and their general progress?

In this Leaflet I cannot go into full details; I must refer to the positive preventives and cures suggested in such books as "Through the Day," and in the other volumes of the "Milestones" Series.

◀ LITTLE EMPHASIS ON EXTERNAL CONDITIONS ▶

And I must omit most of what may be called the Environmental Mistakes. In the same way

as, when I am advising people as to the prevention and cure of Influenza, I do not lay stress on the avoidance of crowds and so forth, but rather tell them the things that any one can do for himself or herself, so here I shall say little about clothing, devoting only a few lines to it ; I shall say little about change of air and scenery, and the avoidance of bad air ; I shall say little about unsatisfactory light, and unsatisfactory chairs and beds ; about unsatisfactory buildings and ventilation ; about unsatisfactory surrounding people, and unsatisfactory occupations.

And I shall omit also, as a rule, the reason why mistakes *are* Mistakes ; some of the reasons being given in " Economy of Energy,"* and other books.

I should suggest that all the readers of this Booklet should make their own Lists, including such of my suggestions as appeal to them ; that they should summarise the Mistakes in two columns, and then add their own details. The left columns can give the Omissions or Deficiencies, the right columns the Commissions or Excesses, thus :—

OMISSIONS OR
DEFICIENCIES.

COMMISSIONS OR
EXCESSES.

* * * *

◀ NOT ENOUGH STOCK-TAKING ▶

First of all, there is deficiency of Stock-taking. I do not mean merely Stock-taking of the physical state of the person, but all-round Stock-taking

* Post free, 5s. 4d. See also " Through the Day " (post free, 3s. 10d.).

of the moral and intellectual and social state as well. E. E. Purinton has given some rather searching questions in one of his books ; he asks people to take stock of themselves, and correct themselves according to their deficiencies ; he takes 100% for each item, and asks them to say whether they have 100, or 70, or 50, or 10% for efficiency, under each heading ; it is not by any means a bad plan, if we do it with the idea of improving ourselves methodically after it.

For example, we can ask ourselves how far our Health is sound and our very own : or how far our apparent Health and Efficiency depend on the constant use of stimulants and narcotics ? How far can we go on for the whole day with steady enjoyable work of a good quality, without " bucking ourselves up " with tea, coffee, tobacco, or even sugar ?

◀ TOO MUCH CLOGGING : TOO LITTLE ELIMINATION ▶

Most people are suffering from Clogging. Clogging is decidedly an " Excess " in ninety-nine cases out of a hundred in civilised life ; and Clogging may interfere with the Health of one or more of the organs ; it may overwork an organ, or it may make that organ a dust-bin, in which waste matter and poisons are stored. Generally, Clogging produces a desire for stimulants ; and, anyhow, it is apt to hamper our work. and make it far harder than it would be otherwise.

While there is excess of Clogging, there is deficiency of Elimination. People do not get rid of their waste matter freely enough. And they do not avoid various excesses, various toxins and toxin-creating foods and drinks, and various worries and other undesirable mental states, and various temptations.

< TOO LITTLE WATER : TOO MUCH STIMULANT AND NARCOTIC >

There is great deficiency of Water, especially of water sipped at the right times. Among the best times of the day are the early and late times, and between or an hour before meals.

And people do not wash nearly enough ; they sometimes wash their hands and faces, but they do not carry out the Hindu plan of washing thoroughly all over at least once a day. I am sure that, if the English people washed their feet oftener, there would be less illness, and less stupidity. And then there are also the simple uses of water, as in Waist-Packs. (A few of these have been described in "Through the Day.") Hardly any English people seem to know anything about these simple and economical "Nature Cure" means of prevention and remedy.

It will be asked, What do people drink, if they do not drink water ? Well, they drink chiefly Stimulant or Narcotic drinks ; quite apart from the Alcoholic, and the Meat-Extracts (which are unfortunately coming into vogue), there are the many Sugary drinks ; there are Tea and Coffee,

of which the increase lately has been enormous ; and the same may be said of Cocoa and Chocolate, which act rather as Narcotics, perhaps, than as Stimulants. It is of little use to think that we have solved the problem by substituting one Stimulant for another, if we want the Ideal. Thus some people suggest Matè Tea ; but that is not unstimulating. Then, of course, there are the hundreds of Tonics and other Drugs. It must be admitted, even by their most ardent advocates, that all these drinks are unnecessary ; that millions have done without them, and that millions still do without them ; it must be admitted that they are an Excess, and that they tend to make us dependent on them and slaves to them, besides the fact that they are expensive, and that they poison the system, and eventually tend to make it inefficient.

Undoubtedly there is an increasing excess of Smoking. The increase in the consumption of cigarettes in the past years has been lamentable. Smoking is not altogether a harmless thing, even for others ; and most smokers insist on inflicting their Smoking on others in railway carriages, rooms, and elsewhere. Smoking is certainly a very selfish thing ; it has some " Social " value perhaps ; but it has even its Social disadvantages also.

◁ TOO LITTLE ORGANIC " SALTS " AND VITAMINES ▷

The few people who do wish to overcome their morbid desires, do not know how they can learn

to choose and prefer the right, and what helps they can employ. For the matter of Prevention and Cure, I must refer to other books (such as "Through the Day"); I cannot enter into this matter here, important as it is; for it is a whole Subject all to itself.

But I must call attention to one of the chief deficiencies. If this deficiency were put right, people would have gone some way towards being cured. I mean the deficiency of natural organic "Salts," particularly of the alkaline kind, and of Vitamines (on which an exaggerated stress has been laid in recent years). The natural organic "Salts" can be obtained from whole Cereals (which however should never be taken in a coarse form), or from the best parts of them; the natural organic "Salts" and Vitamines are not to be found, as a rule, in White Cereals, which have been deprived of some of their best parts. Natural organic "Salts" and Vitamines are to be found in Fruits, if the system is not already too acid, as it generally is. But the best sort of food for the most precious alkaline "Salts," and also for the most precious Vitamines of all three kinds, are Green Stuffs and Celery, whether we take these raw, or conservatively cooked, or in the form of vegetable juices.

◀TOO MUCH WRONG COOKING▶

Wrong cooking is a big blunder. I cannot enter into details here; and a special "Milestone" is devoted to the subject of "Our Kitchen."

But, as an instance of wrong Cooking, we may cite the custom of boiling vegetables, and throwing away the precious juices, instead of cooking the vegetables conservatively* and having their juices served either with them, or else separately as a stock, or as a sauce or gravy.

< TOO MUCH ACID OR ACID-INCREASING FOODS AND DRINKS >

There is, undoubtedly, a vast excess of Acids in the Foods and Drinks of most people ; and I have incontrovertible evidence that among the commonest Acids in excess are the Fruit-Acids ; hardly ever have I had a case thoroughly examined, without its revealing an excess of Fruit-acids. Some of the Drinks mentioned above would account for part of the Acidosis which prevails.

It must be remembered that certain things are not so much Acid in themselves, as that they become Acid, or increase the Acid in the Body. Thus we cannot say that Starch is Acid, or that Sugar is Acid, or Milk ; but under certain conditions all these may tend to Acidosis.

< TOO MUCH—OR TOO LITTLE—BODY-BUILDING FOOD >

As to the Proteid or Body-building elements, there may be either a deficiency of them, as there

* See "Health Without Meat" (post free, 1/9).

often is, I believe, in the diet of the working classes, and of the very poor ; on the other hand, there may be an excess of Proteid, as there often is in the diet of orthodox people who are well-to-do, and particularly in the diet prescribed by the Medical Profession for Diabetic and other sufferers, as I have proved conclusively in the case of many of my Health-Pupils.

As to the deficiency of Proteid, there is no standard which can be relied on for all people alike. The dogmatism of so-called " Food-Scientists " is one of the most lamentable features of modern life ; they think they know precisely how much Proteid a given person needs, according to the weight and life and circumstances of the individual. My experience has been confirmed by hundreds of my Health Pupils who find that, on a pure and well-balanced diet, after a short while less and less Proteid becomes desirable for true all-round Efficiency.

As to the typical haphazard " Vegetarian " Diet (as it is popularly understood), it is probably deficient in Proteid, and it is certainly excessive as regards its starchy elements.

◀ TOO LITTLE ATTENTION TO BALANCE IN DIET ▶

I shall be glad to send a few suggestions as to well-balanced meals, to any reader who cares to write me and enclose a 2d. stamp for postage ; I will send suggestions as to a number of simple meals, each of one course only. These meals have been

put to severe tests, and have been found most satisfactory by thousands of people.*

◀ TOO LITTLE OIL, ETC. : TOO MUCH STARCH AND SUGAR ▶

As a rule, there is a deficiency, in the ordinary diet, of pure Oil and "Fats," which are supposed to be Fuel foods; they also serve as Lubricants. We can learn a lesson from the Jews, and from the French, whose use of oil is far free-er and far wiser than ours. We can easily add "Fats" and Oil to the diet by frying, or by mixing with or pouring on the vegetables, or by mixing in salads, or by mixing in foods as they are being prepared; or Oil in certain forms can be taken by itself, or it can be poured on toast, or mixed with banana (if the System is not already too acid).

Almost invariably there is an excess of Starch in an ordinary person's diet. An average day may show an excess of Starch in the Porridge, Bread, Potato, Pudding, Pastry, and so on; I am firmly convinced that, if the average consumption of starchy stuff, and of sugary stuff too, were reduced by half, the multitude would benefit tremendously. I have tried to expose the orthodox view, in an article on "The Fallacy of the Calories" †; and I shall deal with the subject in more detail in a book on "Food-Values," (which will be published at the end of this year, 1921).

* Details and Recipes will be found in "Health without Meat" (post free, 1s. 9d.).

† A copy of the article, published in "The Contemporary Review," will be sent on receipt of 4d.

The excess of Starch is more and more lamentable inasmuch as most of the Starch that most people eat has been deprived of its precious "Salts" and Vitamines, or else it is there in such a coarse form that it is apt to be irritating and lacerating, and unsatisfactory in its after-effects.

The excess of Sugar, of late years, has been almost as striking as the excess of Starch. Think of the number of sweet-shops that there are, as compared with the number that there were thirty, or even twenty years ago; and then remember that almost invariably sweets are taken not as food, but as extras. It is all very well for the so-called "Food-Scientists" to pretend that Sugar is important for children and others; but how many children and others take Sugar except as an extra and a luxury? I have examined carefully into the conditions, and I find that almost invariably Sugar and Sweets are added to meals that already contain a super-abundance of Carbohydrates (or Starchy and Sugary foods).

In some cases, and indeed I believe in most cases, Sugar serves rather as a Stimulant than as a Food.

We must remember that Sugar includes not only Sugar itself in many forms, but also Jam, Honey, Marmalade, Sweets, Puddings and Pastry, whether the Sugar be mixed in these things, or added to them afterwards. (I shall be pleased to send free to anyone who writes to me and encloses a 2d. stamp for postage, a little leaflet "Against Excess of Sugar.")

◀ TOO MUCH BULK ▶

Then there is excess of Bulk. Bulk in most of its forms is apt to distend the Organs, and, indirectly, to produce a desire for more Bulk, and a temptation to over-eat.

◀ TOO MUCH IRRITANT ▶

Then there is excess of Irritants. Think of the masses of Salt, Pepper, Mustard, and various Sauces, mostly with vinegar in them; and of other Irritants, such as coarse Wholemeal. All these things are apt to produce mucus, as a result of irritation; and also to produce one of the many forms of Catarrh. Besides this, they are apt to make people dependent on them: those who have become used to Irritants miss them and crave them when they are without them.

◀ TOO MANY MEALS ▶

Undoubtedly most English people have too many meals. This produces waste of Food, and waste of Energy; a great deal of Energy being required to deal with the unnecessary amount, and to get rid of the waste matter: and, the more excess there is, the more craving there is for this or even greater excess in the future.

It must be remembered that the full digestive process takes twelve hours more or less. Criminally ignorant are those authorities who tell us that digestion only takes from two to five hours;

that is merely the digestion of Proteid or body-building elements in the stomach ; but even that digestion is not complete there ; very little other digestion goes on until the foods have left the Stomach ; then they go quietly moving (almost like worms) through a tract of thirty feet or more, being digested and absorbed all the way along. For this journey, after the food has left the stomach, we must allow a large number of hours, so that at interval of four hours, between each meal and the next is ridiculously small. The plan of two meals a day suits most of those people who have tried it ; but has not yet suited anyone who has not tried it !

< TOO GREAT VARIETY, AND INCOMPATIBLE FOODS, AT THE SAME MEAL >

Then there is the mistake, not so much of excessive quantity, as of excessive variety at the same meal. This mistake can be avoided by One-Course meals (see previous page). These meals are, so far as I know, not only well-balanced, but also free from incompatible elements. As examples of incompatible elements, I may mention the use of stewed fruit after cooked vegetables, or after flesh-foods ; and, generally, the use of milk at meals, rather than as a complete meal in itself.

This trouble of incompatible foods at the same meal must be distinguished from sheer excess, and especially from the excess of Potatoes, Bread, and Puddings, at the same meal ; though it is

quite possible that the three different kinds of starches in these three foods may be themselves incompatible one with another !

◀ TOO LITTLE MASTICATION : TOO MUCH “ GOLLOPING ” ▶

There is deficiency of Mastication almost throughout England. There is more Mastication I think, practised in America than in England ; but, even where there is Mastication, there is seldom the proper appreciation of the flavours and values of foods. I have dealt with this subject in “ Through the Day,” so I need not write in detail here ; but it must be borne in mind that Mastication does not merely help to keep the teeth healthy, to break up the food, aid digestion, and economise food ; it also helps, through the saliva, to neutralise undesirable acids ; and it helps to bring a habit of leisureliness and thoroughness, which most people lack.

On the other hand, rapid gobbling down of food prevents our appreciating it, does harm to the teeth, is a handicap to the digestion (even if it does not actually produce indigestion) ; it leads to waste and excess ; it leads to Toxaemia (or poisoning of the blood) ; and it leads moreover to the habit of hurry and carelessness ; and it sets a bad example to others, especially to children.

Too rapid eating is an almost universal blunder in “ civilised ” life to-day.

◀ A FEW MISTAKES IN CLOTHING ▶

As to the blunders of Clothing, they are numerous. It is particularly a mistake to have clothing that is excessive ; especially if the clothing is also cramping and distorting. Boots and shoes often distort the feet. Waist-bands, if they are tight, tend to distort the internal organs ; so do the wrong kinds of corsets. Collars hinder the circulation in a very important part of the body ; and so perhaps do hats—though hats may do greater mischief in other ways. A good general rule is not to wear wrong clothing when one can possibly avoid it ; one can even go bare-footed when alone, as in one's own room.

◀ TOO LITTLE "SKIN-DRILL" ▶

Anyhow, people ought to practise Skin-Drill and "Self-Massage" (to which a special "Milestone" will be devoted). It is not merely for the sake of the exercise, and the cleansing of the skin, and for the getting rid of worn-out particles of the skin ; it is also to give the skin a valuable Air-and-Light Bath. There are several systems of Skin-Drill and "Self-Massage," one of the most elaborate being Muller's ; many years before his time, Andrews, the great trainer, had a simpler system ; and I have a still simpler system of my own. Skin-Drill, combined with the Air-and-Light-Bath, tends towards vigour and nerve-health, and towards cleanness and elimination ; it is good exercise in itself ; and it is a good antidote to excess of clothing during the day.

and to the sedentary life which most of us have to lead.

◀ TOO LITTLE HEALTHY EXERCISE ; TOO MUCH SITTING ▶

There is deficiency of healthy Exercise almost throughout England to-day, except among the Athletes ; and the Athletes themselves are apt to give up their healthy exercise far too early in life.

It is vitally important that we should have corrective exercises ; they need not take up a great deal of time ; they need not be along the lines of the " Strain-and-stress " exercises advocated by many so-called Specialists in Physical Culture ; they can include gentle stretching, rising on the toes, and relaxing movements, to which we shall allude directly.*

Besides this, there should be general Exercises : not only Walking, of which the value has been grossly over-rated, but Swimming, and Games and Sports ; one of the best of all games, and not too expensive either, is Lawn Tennis ; Golf is a good game when people are becoming elderly.

Those who are interested in combining corrective, general, and athletic exercises, can be referred to another Book, where I have outlined a Five-minutes Course for most people ; it includes exercises that imitate the movements of certain games and athletics, and it includes Skipping also.

* A little Course is given in " Through the Day " (post free, 3s. 10d.) ; and a more elaborate set of Exercises in " Wanted : Men " (post free, 3s. 10d.).

Besides being Remedial, and useful in general as an antidote to daily life, Exercise serves as an outlet for superfluous energy, and also sometimes as outlet for undesirable feelings.

Exercise undoubtedly is one of the most valuable factors in the elimination of waste-matter.

And in certain forms, especially in the form of Games, it has a Social value.

Side by side with deficiency of Exercise, there is excess of Sitting and, to a less extent, of Standing. The worst of it is that most people sit and stand in the wrong position, allowing their shoulders to come forward, and their chin to poke, the tendency being not only for the chest to be cramped, but also for the organs to sink down, so that they do not function properly, and so that they press upon other organs below.

The disadvantage is not merely in the appearance, but also in the general Health, and in the Circulation.

Under the Sitting habit we must include not merely the sitting at work and at meals, but also the habit of sitting on the way to work. Many people would be far better if they walked to or from their work, or both to and from their work. Cycling and motoring have to some extent taken the place of walking, not altogether to the benefit of the public.

We can relieve our habit of Sitting by getting up now and then, especially if we are alone, and doing a little stretching, and rising on the toes, and practising deep and fuller breathing, and muscular relaxing, as suggested in "Through the Day."

◁ WRONG POSTURES AND EXPRESSIONS ▷

Most people are in the wrong position for most of the day, and for most of the night. Already we have noted the bad effect upon the organs, upon the appearance, and upon the circulation : in particular the wrong position tends to cramp the breathing, the digestion, and the elimination, and to produce inefficiency, as well as discomfort and premature fatigue.

A great deal of the wrong position can be cured by certain Exercises—particularly the Exercise of Stretching Up, and then keeping the organs up, and not letting them sag down again. There is not nearly enough attention paid to the position of the body. The right position of the body, when one stands, is to have the feet firm, and the weight evenly balanced on the balls of the feet, rather than on the heels ; the chest should be forward, and the shoulders back and down ; the forehead should be up and forward. We can insist on getting back this position at intervals throughout the day, until it is established as a habit.

And people pay far too little attention to their Expression. Again, we can cultivate the Expression, as many Actors do, until it becomes a sub-conscious habit. Like the habit of reading Music, it may mean a great deal of conscious practice at the start, but eventually any conscious attention becomes unnecessary.

Part of the Expression is to look Happy, and to keep Smiling.

It must be remembered that the word Expression includes not only the position of the body, but the expression of the face, of the eyes and mouth in particular ; and also the gestures, and the Breathing. There is too much wrong Expression in the World, too much frowning and tension on the one hand, or apathy and flabbiness on the other.

It must not be thought that this wrong Expression is harmless ; it tends (as Professor James and others have shown) to waste Energy, and to affect the Mind unfavourably, and to bring about a mental state of tension, worry, fear, or else stupid sluggishness.

<TOO MUCH RESTLESSNESS AND TENSION : TOO LITTLE RELAXING>

There is too much Restlessness. People somehow seem to have lost the power to rest, and to be calm and leisurely.

There is too much Waste of Energy in many ways. Part of the waste is because people *will* do things in the wrong way, instead of studying Technique. It can hardly be calculated how much Energy is lost every year in work, simply and solely because the wrong Technique is persevered with.

A great deal of Energy is lost through muscular tension. There is not nearly enough Muscular Relaxing practised. It might be thought that this could not be learnt as an art by constant practice ; but it can. Mrs. William Archer (the

wife of the famous Dramatic Critic) first taught me the art. Muscular tension is ugly, and wasteful of energy, and it tends to bring about the wrong state of mind.

Most people will not practise Muscular Relaxing ; neither will they practise Voice-Production. There is too much wrong Voice-Production, almost throughout England, and throughout America. When we travel along the Mediterranean we are struck by the pleasantness of the voices of the people there ; whereas those who should know better (as our clergy, and our teachers in particular) have the most unattractive and even exasperating methods of voice-production : methods that are not only unattractive, but also ineffectual, wasteful of energy, unhealthy, and apt to produce certain throat-troubles, which are hard to get rid of in the future, and entail a lot of work, and considerable expense.

< TOO LITTLE GOOD VOICE-PRODUCTION AND SINGING >

People should attend more to their Voice-production. They should practise more Singing ; you hardly ever hear English men and women singing, as the Italians and others do. There should be more freedom in Voice-production, as it is a good outlet for some of the superfluous Energy !

Those who are too shy to sing can imagine themselves singing ; and this helps considerably ;

but, before they begin to practise Voice-production, they should get the body in the right position. And they should learn how to breathe.

◁ TOO LITTLE DEEP AND FULL BREATHING ▷

Wrong Breathing is almost a universal fault now. The breathing of most people is shallow, short, sharp, and jerky; whereas it should be deep, long, easy, and rhythmical. The fault is because people do not realise the importance of deep and full breathing as a habit, and the ease with which it can be acquired as a habit.

Right Breathing is scarcely ever found. Scarcely ever are people taught what right breathing is, how important it is, or how easily it can be mastered. The advantages and the method will be described in a special book.* Here I can only suggest that often in the day people should take in a deep and full breath in through the nostrils, hold it in for a moment or two, and then let it out as quietly as possible; they can thus put to a good use many moments which otherwise would be wasted. This will improve the appearance, bring greater enjoyment of life, increase the efficiency, endurance, and ease of body and mind.

The practice should be welcomed as a pleasant one, and should not be regarded as a dull duty and a nuisance! †

* "Healthy Breathing."

† See "Milestone" 4, "Daily Sacraments."

〈TOO LITTLE SELF-MASTERY〉

Altogether, there is too little "Self-mastery" in modern life, particularly in the small things of life. As a simple instance, I might mention what is supposed to be a virtue: people often think it a virtue to go on working long after they have become tired; they ought to have sufficient knowledge, sufficient Self-mastery, to stop before they begin to feel really tired, and have a good rest; they will, in the end do far more work than if they go on until they are exhausted; in which case it also takes a long while to recover.

〈TOO LITTLE REAL REST AND GOOD SLEEP〉

There is too little real Rest and good Sleep to-day. It is not only that the time given to rest and sleep is short; for perhaps, if people lived rightly, the time would be ample; but that Rest and Sleep* are "badly done." Generally they are accompanied by tension; and almost always by the wrong position of the body; and they are preceded by a state of worry. Sleep is meant to repair the waste of the body, and give rest to the overworked parts of the system, and to give activity to the other sides of the self, that have not been fully exercised in the day—particularly the Spiritual side. Rest need not always be in the form of Sleep; it may be in the form of some neglected activity; it may be in the form of a game or other recreation.

* See "Milestone" 7, "For Better Sleep."

◀ TOO FEW INTERVALS : TOO LONG SPELLS ▶

People hardly ever think out how they can manage a little bit of Sleep, or a little bit of Rest, at intervals. They keep to the stereotyped times, beginning the day far too late, and going on far too late also. If they went to bed early, when it was dark, and got up early, when it was light, their sleep would soon be far sounder, and more satisfactory.

As it is, they too often go on working when they are tired ; or, when they are tired, perhaps they indulge in quite the wrong kind of recreation, which is not really rest.

◀ TOO MUCH LAZINESS : TOO LITTLE SENSIBLE RECREATION ▶

Side by side with deficiency of good Sleep and Rest, there is excess of Laziness. People are often too lazy to take healthy exercise, or to acquire other Health-habits ; this is largely because they under-estimate the importance of these habits.

There is too little sensible Recreation ; and one must say, in defence of people, that there are very few facilities. It needs a good deal of ingenuity to devise sensible recreation for oneself ; but a game of Badminton, or a little Boxing or Fencing, can be quite easily managed without expense. People do not use their brains enough in order to adapt themselves and their recreations to modern conditions in cities.

Instead, people will try to get Recreation by smoking or drinking, or by watching Games, or by going to stuffy Theatres or Cinemas ; it would be far better if they practised games themselves, and went in more for outdoor exercise ; though of course good reading, quiet thinking, and good walking, have their value as well.

◁ TOO MANY UNWHOLESOME PLEASURES ▷

There is far too much Sensuality to-day, not only in action, but also in word and thought. Sensuality is against the well-being of Society ; for the individual it is wasteful, unhealthy, an enemy to self-respect ; unfortunately, it seems to be on the increase.

There are too many other unwholesome pleasures, including over-eating, over-drinking, and over-smoking, and over-theatre-going. People are not educated how to use their leisure-time to the best advantage.

◁ TOO MANY " HORRORS " ▷

There is also too much reading of, and listening to, and talking about, Horrors. People do not understand that, when they are reading of, or listening to, or talking of, Horrors, they are almost actually repeating them, and getting them into their own person. Horrors in themselves are ugly ; and the thoughts about them are poisonous, wasteful, and bad for others as well as for ourselves.

We find scarcely any healthy Self-Control to-day. People do not control their expressions; they sometimes, it is true, suppress their unsatisfactory feelings and desires; but they seldom know how to divert and express them in a healthy and useful manner.

< TOO LITTLE RATIONAL PLANNING OF LIFE >

The best plan is to start with a number of little things in which we are not yet Self-Controlled, such as rapid-eating, or rushing, or anxiety; we should make plans, and we should realise the advantages of carrying out these plans faithfully: and we should co-operate with others as well. Among these chief helps* to Self-Control will be found to be Self-Suggestion, Deep and Full Breathing, and Muscular Relaxing; for example, these are three of the greatest helps towards the cure of Depression and Irritability, which are both kinds of want of Self-Control.

< TOO LITTLE CONCENTRATION AND PRACTICE OF IT: TOO MUCH DISTRACTION >

There is very little Concentration of the right kind to-day. We can begin the practice of Concentration with things that are interesting to us; and also with things which we are bound to do, anyhow. Among the interesting things may be

* See "Through the Day" (post free, 3s. 10d.).

Games ; among the things which are inevitable may be eating, dressing, washing, and reading. If we practise deliberate and leisurely and appreciative Concentration then, we shall be able to acquire the habit of being able to give our minds to anything that we wish to do well.

We must not be impatient with ourselves. If we find our attention wandering, we must recall it quietly ; then gradually we shall progress, and be able to practise more and more difficult exercises in Concentration.

◁ TOO LITTLE THOROUGHNESS AND LEISURELINESS ▷

As there is too little Concentration, so there is too much Distraction. People are restless and shift ; they are untidy and careless in what they do ; and what they do they are inclined not to do perseveringly. It is true that Education does help a little, because it trains children to perform dull and useless tasks steadily, and without any idea of good result ; but " Education " is gradually losing even these powers ; it is not now training millions to perform dull tasks faithfully. Almost the whole tendency of life (apart from the stereotyped " Education ") is in the direction of carelessness, sloppiness, and partial work. The Papers give us little cuttings and snippings ; conversation is scarcely ever deep or thorough ; there is generally a habit of hurry and rush. Hurry and rush are signs of the age ; they are real habits, and seem to be almost irre-

sistible to those who have any energy, in contrast to those who seem to have no apparent energy, but are living a sort of potato life. Hurry and rush generally develop a bad state of the body and of health ; they lead to inefficiency ; and things which are done in a hurry and rush often have to be done again from the beginning. Hurry and rush usually imply a want of perspective, and they prevent us from enjoying our work at the time, and from resting properly afterwards.

Calmness and Leisureliness are scarcely ever seen except in the lazy ! Here, again, we can practise these arts in little things, particularly in the things that we have to do anyhow. We can practise Calmness and Leisureliness in our reading, in our working, in our eating and drinking, in our washing and dressing, in our talking and writing.

We shall find that this will bring economy of energy, enjoyment, and gracefulness, which is sadly lacking in modern life ; it will have a good effect on others, and it will be a good example to them.

Once again, the practice of deep and full Breathing, and of Muscular Relaxing, will be of great service in making us calm and leisurely.

◀ **TOO LITTLE FAITH : TOO MUCH WORRY AND NERVOUSNESS** ▶

Faith is rare : I mean Faith in the real and " Eternal Verities." Faith is perhaps the hardest thing in the world to acquire ; but it can be greatly

helped by imagination ; if we cannot yet believe that we are going to receive the good things that we pray for, at any rate we can imagine ourselves as having received them—this is often the next best plan. Here, once more, the right expression of the body in general, and of the face in particular, the right rhythm of Breathing, and the practice of Self-Suggestion will help much to develop Faith.

It is a commonplace that in civilised life there is a growing tendency towards Worry, Nervousness, and Fear. I have suggested, in "Keep Happy," * a few antidotes. We must realise that Worry, Nervousness, and Fear tend to inefficiency, waste of energy, and poisoning of the whole body ; that they are infectious ; that they are self-increasing ; that they are blasphemous—implying that God the Father is not looking after us properly ; and that they largely come through regarding our circumstances as unkind, and perhaps unfair. Some of the methods of Prevention and Cure are offered in a little leaflet on "Fear and Worry," † in this Series.

◁ TOO LITTLE APPRECIATION : TOO MUCH RESENTMENT ▷

There is not nearly enough of the spirit of Welcome in life. People regard almost everything that comes to them as a grievance, instead of regarding it as a privilege and opportunity. The right view of all circumstances is the view

* Post free, 1s. 8d.

† "Milestone" 5.

that they are sent us for our training. The right spirit is the Play Spirit: everything is really a good game to win; if there is a difficulty, it is not to be regarded as a curse: it is to be regarded as a great compliment to us; it is to be regarded in the same light in which we regard a Handicap at games.

The world seems to be a mass of Grumbling and Resentment. Most meetings appear to be meetings for the purpose of airing grievances. Worry has its active forms in Grumbling, and Resentment expressed aloud; and perhaps Grumbling and Resentment have even worse effects than Worry itself. They should all be cured and prevented.

One morbid side of Resentment is what is popularly known as Repentance. The Greek word *metanoia*, mistranslated by "Repentance," did not mean anything morbid: it meant a change of mind; it meant the habit of looking at things in a new way, and especially of realising that they are meant for our good.

◀ TOO LITTLE OPENMINDEDNESS : TOO MUCH GROOVINESS ▶

In the world to-day there is far too little of the real *metanoia*. *Metanoia* may be almost translated by openmindedness; it means a willingness, or even a desire, to take in new and different ideas, and to progress.

One of the results of *metanoia* is that we come to see things in perspective! and another result

is that we become more useful, and at the same time more attractive and interesting to others.

In spite of all that is said to the contrary, we must regard the great mass of people as still Ultra-Conservative. They are obedient to authority and customs: it may not be the old-fashioned authority and customs: it may be the (in some respects) less satisfactory modern, selfish customs.

I object to this obedience to authority and customs, not merely because it is obedience to authority and customs, but because authority and customs are not carefully judged by their results: people have not thought out carefully whether the authority and customs are for the benefit of themselves and others. Too many people live in a hypnotised condition; they do most of what they do, not because they think it right, but because they do not think about it at all: they go on existing with about as much self-will and conscious self-direction as flowing water has: they are carried along by the stream.

◁ TOO MUCH RESPECTABILITY ▷

There is too much Respectability altogether in the world. The great condemnations of Jesus were of the respectable, orthodox people; he did not condemn people as purposely hypocritical, and as trying to deceive others, but rather, so far as we can see, because of their object: they did things not with the idea that these things were right, but in order to be praised by men, and

especially to be praised by the respectable ; or in order not to be blamed by the respectable. A great many of the most respectable habits of life lead to much ill-health, inefficiency, and unhappiness !

◁ TOO LITTLE FAIR EVALUATION AND JUDGMENT ▷

There is hardly any fair, reasonable, and poised Valuation in the world. It is a rare art, yet vitally important. People accept or reject this or that course of action, guided entirely by the orthodox ordinary opinion. It is good mental exercise to take anything that we do, or that we might do, and sum it up ; and ask ourselves how far the practice is for the good of ourselves and others : does it tend to Health ? Does it tend to Happiness ? Does it tend to Helpfulness ? Is it Wise ? Is it Pure ? And so forth. We grant that it is a complex subject ; but it is well worth while to look at anything and everything, including " Religion," in this new way : to size it up, and to find out in what ways it is valuable, in what ways unsatisfactory.

◁ TOO LITTLE PERSPECTIVE ▷

Perspective is needed everywhere. We are right out of Perspective ; just as our eyes are becoming weaker, so are our minds. We badly need Perspective in Religion. What is the most important teaching of Religion ? In the time of Jesus, part of the most important teaching was of

Kindness and Helpfulness. We do not find to-day, in ordinary Religion, the teaching of universal Kindness ; and we scarcely ever hear a word about real Helpfulness. We want to bring some things to the front, and shunt other things right away into the background.

< TOO LITTLE SENSIBLE HELPFULNESS AND KINDNESS : TOO MUCH SELFISHNESS AND SPITE >

In spite of the vast sums contributed to so-called charitable objects, such as Missions, Hospitals, and Relief funds, there is very little Kindness and Helpfulness in the world. There is a great deal of indiscriminate "charity," and a great deal of morbid pity ; but there is very little real desire, particularly on the part of millionaires, to help people to independent and useful self-activity ; this means intelligent forethought, and that is what most people object to ; it seems to hurt them if they try to think wisely. It is only just beginning to be realised that Kindness and Helpfulness to others actually pay. The Employer who is kind to his Employees, and to his Customers, is the one who eventually succeeds.

While there is too little Kindness and Helpfulness, there is, once again, too much Spitefulness, Lust, Vengeance, and Resentment. These feelings injure the health and efficiency of the person who harbours them ; and they actually injure his intellect : he cannot see clearly, and "perspectively" or prospectively while he is spiteful.

◁ TOO LITTLE SENSE OF RESPONSIBILITY ▷

I have alluded already to Carelessness and Sloppiness ; there is, besides this, a want of Responsibility. Hardly ever do we find any realisation by a person that he or she is not a unit, but a cell or member of a great Whole ; there may be a vague idea of a duty to God, and there may be a vague idea of a duty to a few others ; but there is hardly any idea of a duty to all mankind and to posterity ; still less of any duty to animals, or to the Universe ; there is very little idea of duty to the myriad cell-lives within us.

◁ TOO LITTLE REAL PRAYER ▷

Prayer of the true kind is rare. People make a great mistake in not praying more frequently. I am not alluding here to selfish requests for immediate and apparent wants ; I am alluding rather to Real Prayer. Such Prayer includes realisation of the highest Self within us all, and common to us all ; and claims, from that Self, of everything that is good. We can claim with confidence (because it will help ourselves, and every one else, and do no harm to any one) Health, Happiness, Helpfulness, Intelligence and the right Mind, and Progress. And Prayer ought to be with realisation of the object of the Prayer, as if it were already accomplished, and with thanks for the receipt of the thing prayed for ; when there

is any doubt whether a thing prayed for is good, we can pray for it provisionally.

◁ TOO LITTLE SELF-CORRECTION BY OPPOSITE EXAGGERATIONS ▷

We do not often see a genuine attempt to restore upset balances. When we review our life, we find that it is deficient in certain respects ; thus we do not get much good music ; but we take very little trouble to provide ourselves with this and other things that we lack. We see bent bodies ; if we look in the looking-glass, we probably see our own cramped and bent bodies ; we know that there are stiff muscles, and sagging organs ; we hardly ever take any trouble to restore the upset balance by the opposite exaggeration ; rather, we go on in the same old groove, deepening the rut, and making it harder than ever for us to climb out. Most of us over-eat, and hardly ever restore the upset balance by an occasional fast, or even by an occasional sensible meal !

We ignore the Untried ; we go on in the wrong old habit. We watch people year by year, and as a rule we find them becoming more and more so !

◁ TOO LITTLE SENSE-TRAINING ▷

There is very little Sense-training. It is surprising how inattentive and unobservant most people are. We may notice this particularly in Business, and in Domestic Service ; a servant will see a thing altered time after time, and yet it

never occurs to her that she might put the thing in a different place. Once I altered the position of a thing almost every day for a year ; yet, at the end of the year, the servant was still putting it back in the same place ; it never occurred to her at all that I moved the thing to the other place because I wanted it to be in that place ! We do not train our sight : we do not appreciate shades and beauties of colour. We do not train our hearing : we do not appreciate sound. We do not train our taste : we do not appreciate beauties of flavour. We close our senses where we should open them ; and we open them where we should learn to close them.

< TOO LITTLE PREPARATION : TOO HASTY BEGINNINGS >

Hardly ever do people plan sensibly. Once again, the old groove suffices ; or a new way is tried wrongly. People go on feeding in the old way, till they hear someone say that a certain plan is good ; then they rush into it, and expect to be well the next day ; they are disappointed, and give up that plan, and refuse to try any other plan ; instead of working out carefully, first, how they could make the change sensibly and gradually.

A common result of the haphazard rush into the new scheme is an obstinate refusal to try any new scheme at all, as well as a waste of money, time, and energy.

Take, for instance, a general Health Campaign ; probably, if it were started, it would be started

without proper planning, like the so-called "Health Insurance" Act, or the so-called Housing Campaign, which resulted in such expensive and miserable failures.

On the whole, however, the tendency is not to try new things at all, even wrongly ; but to do the old things in the old way. I have studied Lawn Tennis, and I have found that the majority of English players are still making the same old mistakes which they or other players had made 25 years ago.

The one great fault seems to be a want of Preparation. People will not devote any time to the Technique, which may include an elaborate system for mastery, and require patience and perseverance. People will not give any time to preparing for the whole of life. They should prepare for life by getting their body into the right position ; by acquiring deep and full Breathing as a habit ; by learning to relax their muscles, and not to waste energy ; by learning to appreciate everything that comes along, as an opportunity.

◀ TOO LITTLE STUDY AND PRACTICE OF TECHNIQUE ▶

But they would rather do things at once, if they are going to do them at all. There is a letter to be written, and they write it ; they write it badly—it is badly arranged, badly expressed, and badly written ; they spend no time in preparing it ; if they did, they would eventually save hours and hours of work ; and they would

produce a good letter, well-arranged, well-expressed, and well-written ; but they absolutely refuse to master any of the Technique, or to make any preparation whatsoever.

These are a few out of the thousands of Mistakes that most people make very frequently. Once again, let me repeat, my object in mentioning these Mistakes is not a morbid one : it is not to impress these Mistakes upon the mind ; I write this Booklet because most people, unless I mention these Mistakes, will not realise that they are making them ; and, therefore, will not be led to correct them.

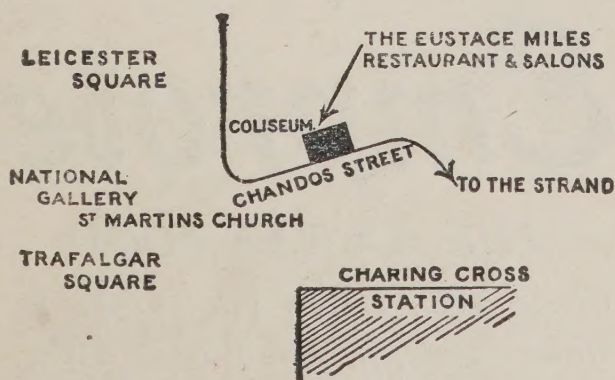
There are always two ways of correction ; one is, to cease to do the wrong things, and the other is to begin to do the right things and to persevere in doing them. Both ways seem to be needed by most people to-day.

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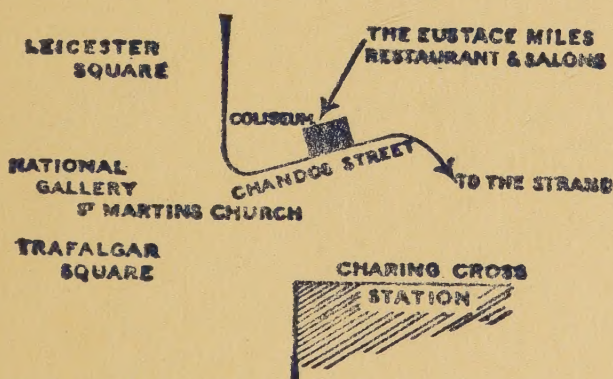
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